



Leon County Senior Outreach

June/July 2011

Bradfordville

Bradfordville Senior Day: Wed, June 8, 10:30 am - 12:30 pm. No Senior Day in July. Wildwood Presbyterian Fellowship Hall, 100 Ox Bottom Road. Suggested \$6 lunch donation.

Historic Bradfordville Schoolhouse, 3439 Bannerman Road

Senior Fitness Beginners: Tues. & Thurs, 10:30 - 11:15 am. Suggested \$2 donation.

Senior Fitness Intermediate: Tues & Thurs, 11:30 am - 12:30 pm. Suggested \$2 donation.

Senior Fitness - Afternoon Class: Tues & Thurs, 1 - 2 pm. Suggested \$2 donation.

Social Bridge: Every Mon, 1 - 4 pm. Suggested \$1 donation.

Summer Lifelong Learning Series: Starts in July. Call 891-4065 in June for schedule.

Chaires-Capitola

Dorothy C. Spence Community Center, 4768 Chaires Crossroad

Chaires-Capitola Senior Day: Tues, June 28, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

Drawing and Painting Workshop: Wed, 1 - 3:30 pm, June 1 - July 6 (6 weeks).

Skill level: beginning/intermediate. \$48 (55+); \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon, Wed & Fri, 9:15 - 10:15 am. Suggested \$2 donation.

Bollywood Fitness: Tues & Thurs, 9 - 10 am. Suggested \$2 donation.



Fort Braden

Fort Braden Community Center, 16387 Blountstown Hwy.

Fort Braden Senior Day: Tues, June 21, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

Beginning Painting with Oils & Acrylics: Thurs, 2 - 5 pm, June 2 - July 7 (6 weeks). Skill level: beginning. \$48 (55+), \$60 others. Registration required. Call 891-4016.

Senior Fitness Class: Mon & Wed, 10:30 - 11:30 am. Suggested \$2 donation.

Zumba Fitness: Mon, Tues, Wed, & Thurs, 6:30 - 7:30 pm. \$3 per class (under 55), \$2 per class (55+).

Miccosukee

Miccosukee Community Center, 13887 Moccasin Gap Road

Miccosukee Senior Day: Thurs, June 2, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

Bus Trip to WalMart: Friday, June 3 & July 1, 10 am - 12:30 pm. \$2 round-trip.

Woodville

Woodville Community Center, 8000 Old Woodville Rd

Woodville Senior Day: Thurs, June 9, 10:30 am - 12:30 pm. No Senior Day in July. Suggested \$6 lunch donation.

Senior Fitness Class: Mon and Wed, 8:30 - 9:30 am. Suggested \$2 donation.

Zumba Fitness: Sat, 9 - 10 am. \$3 per class (under 55), \$2 per class (55+).



Calendar of Events

Call 891-4065 or 891-4033 for More Information



Grandparents as Parents (GaP): Remember these dates!

GaP Support Lunch: Wed. June 29 & July 27, 12 noon - 1:30 pm (Note NEW TIME!) Leon County Public Library, 200 W. Park Ave. Program Room A. Complimentary lunch provided for grandparents and other relative caregivers. Child care provided for both meetings. Reservations are required. Call 891-4008.

GaP Back to School Expo: Saturday, Aug. 13, 10:30 am - 1:30 pm, Tallahassee Senior Center Auditorium, 1400 N. Monroe St. This event provides information to custodial grandparents and other relative caregivers about the many services and programs available in our community to help foster healthy physical, emotional, and educational development, reduce stress, and promote harmonious family relationships. We hope you can join us!

Call Ashley Webb at 891-4008 or email ashley.webb@talgov.com if you would like more information on any GaP event.

Coming Up . . .



Monday, June 27: End of Life Planning Workshop

8:30 am - 4:15 pm, Tallahassee Senior Center Auditorium

A day-long event to assist you with end-of-life planning. Speakers include experts on medical, emotional, spiritual, legal and practical issues. **Keynote Speaker: Sally Karioth**

Register for the workshop before June 23. Call Andrea Personett at 891-4003 to register.

Lunch is available for \$7. Tell Andrea if you would like lunch when you call to register.



Friday, July 1, 3rd Annual Patriotic Concert - Celebrate America!

7:30 pm, Tallahassee Senior Center, 1400 N. Monroe Street. Tallahassee Community College Jazz Band & Capital City Concert Band. \$5 donation; children free. Benefit for the Tallahassee Senior Center & Foundation, Catholic Social Services, and Brehon Family Services. Call Gary Coates at 567-6336 for more information.

September 8 - 9: 13th Annual Active Living Expo. Celebrating National Senior Center Month. For exhibitor or sponsorship information, call 891-4007.

October 17 - 21: 2nd Annual LifeLong Learning EXtravaganza.

Art, Parks, & Culture! Call 891-4007

Come Join the Fun!

Leon County Senior Outreach, a program of the Tallahassee Senior Foundation, appreciates the support and sponsorship of many local businesses, some of which attend Senior Day events as exhibitors. However, it is our policy not to endorse, recommend or favor any specific services or products. Attendance at our events does not constitute an endorsement from the Tallahassee Senior Foundation or the Leon County Senior Outreach program.